



[cheri@kreativnrg.com](mailto:cheri@kreativnrg.com)  
c: 248.444.4030  
w: 248.592-1203  
[www.kreativnrg.com](http://www.kreativnrg.com)

Transforming your life, one idea at a time...

## Top 10 Foods to Boost Your Mood!

by Cheri Najor, CSW, CPT

Stress can be relieved many ways, but did you know that one of the easiest is to make simple changes to your diet? Here are my top 10 stress-relieving foods to help you live a happier, healthier life, one bite at a time!



1. Go nuts! Almonds, pistachios and walnuts are bursting with vitamin E as well as antioxidants that give your immune system a much-needed boost. Almonds are also chockfull of vitamin B (which you really need when times get tough).
2. Got fish? Grab some salmon or other oily fish, such as sardines. They're rich in omega-3 oils, which research suggests can improve your ability to cope with stressful situations.
3. Hate fish? Then don't eat it. Instead, buy fish oil capsules. Hate taking capsules? That's ok. You can purchase Flax Oil or Hemp Oil to get the Omega 3, 6 and 9 fatty acids that your body is craving right about now.
4. Eat your Oatmeal! Carbohydrates make your brain produce more serotonin, the hormone that makes you feel happy! The more slowly your body absorbs carbs, the more steadily serotonin flows.
5. How about a baked potato? They're an excellent source of carbohydrates that trigger the release of the chemical serotonin and relieves stress. Ahhhhh...
6. Ditch the energy drink and brew some green tea. It's a good source of the amino acid L-theanine, which is sold as a treatment for stress in Japan.
7. Orange you crazy for fruit? Good! The high levels of vitamin C found in fruit such as oranges have been shown to reduce the physical and psychological effects of stress.
8. Outback Steakhouse, here I come! Protein-rich foods such as beef allow the body to produce enzymes that regulate the chemical reactions that ensue when stress hormones flood your bloodstream.
9. Don't ditch the chocolate! You don't have to abandon treats. Dark chocolate (in moderation) relieves stress by stimulating the production of endorphins in the brain.
10. And the last bit of good news..a healthy serving of red wine. It's an ideal way to relax after a stressful day. (One glass outta do it...)

***"A man is as happy as he makes up his mind to be."***

***Albert Einstein***



[cheri@kreativnrg.com](mailto:cheri@kreativnrg.com)  
c: 248.444.4030  
w: 248.592-1203  
[www.kreativnrg.com](http://www.kreativnrg.com)

Transforming your life, one idea at a time...



Cheri J. Najor, CSW, CPT is a Michigan-based corporate trainer, professional speaker, licensed therapist and owner and founder of Kreativ Energy, a training and consulting company that specializes in helping people and organizations thrive during challenging and changing times. For over 20 years, her professional and personal growth services have helped thousands Just Say Yes!™ to a powerful mindset that enables them to become better leaders, create healthier relationships, and achieve extraordinary results. Cheri can be reached at: [cheri@kreativnrg.com](mailto:cheri@kreativnrg.com), or [Cheri@LittleMissPositive.com](mailto:Cheri@LittleMissPositive.com); Office: 1-248-592-1203, or visit her website at <http://www.kreativnrg.com>

---

I offer this article on a nonexclusive basis. Feel free to reprint or repost this material as long as Cheri J. Najor's name and contact information is included.